



April 2025
Senior Health Promotion Program
Zoom Classes
(516) 483-0339



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday

Tuesday

Wednesday

Thursday

Friday

Classes may be cancelled unexpectedly. We apologize for any inconvenience. Please call us at 516- 483- 0339 if you have any questions or need assistance with logging in.	1 2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health	2	3	4
7	8 2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health	9	10	11
14	15 2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health	16	17	18

Monday

Tuesday

Wednesday

Thursday

Friday

21	22	23	24	25
	2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health			
28	29	30		
	2:00 Zumba with Andrea Zoom ID: 757 851 7221 Passcode: Health			



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE